



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">NOT A CLASS AVAILABLE WHEN YOU WANT ONE? WE HAVE ON DEMAND CLASSES!</p> <p align="center">CALL THE FRONT DESK TO SCHEDULE YOUR TIME AND CLASS!</p>							
Time Class Instructor		8:00-9:00am Pump Sculpt <i>Carolyn</i>	8:00-8:45am TRX Circuit <i>Carolyn</i>	8:00-9:00am Mat Pilates <i>Carolyn</i>	8:00-9:00am Spin <i>Carolyn</i>	8:00-9:00am Core Yoga <i>Lisa</i>	8:00-9:30am Spin Sculpt Stretch <i>Emily</i>
Time Class Instructor	9:00-10:30am Yoga <i>Carin</i>	9:30-10:30am Aqua Fit <i>Terry</i>	9:00-10:00am Spin <i>Carolyn</i>	9:30-10:30am Aqua Fit <i>Cindy</i>	9:00-9:45am TRX Circuit <i>Carolyn</i>	9:30-10:30am Aqua Fit <i>Ellen</i>	
Time Class Instructor					5:30-7:00pm Yoga <i>Carin</i>		
<p align="center">If you don't have a Club Plus Membership, it is \$25 per class. Or you can buy a Club Plus Pass for \$200 for 10 classes.</p>							
<p align="center">Kids Group Swim Lessons</p> <p align="center">\$35 per class or \$300 for 10 classes</p> <p align="center">Saturdays: 9-9:30am/9:30-10am/10-10:30am</p>							
<p align="center">Fitness Classes for Every Skill Level</p> <p>Aqua Fit - This low-impact class is ideal for joint ailments or injuries. Here, you'll get fit with a gentle warmup followed by challenging exercises in calming 82-degree</p> <p>TRX Circuit - A great circuit class that utilizes the TRX, rowing machine, battle ropes, and more! A great way to get an all over body conditioning and fat burning</p> <p>Mat Pilates - This Pilates-based workout focuses on core strength, flexibility, and total body conditioning fused with a perfect mix of body sculpting exercises</p> <p>Spin - Cycle until you reach your calorie goal with our spin class. In this class, instructors use upbeat music to take you through a ride that will burn calories while</p> <p>Spin Sculpt Stretch -You will start off on the spin bike burning those calories through some cardiovascular drills followed by a weighted section to tone your body and finishing off with a stretching section to relax all the muscles that you worked.</p> <p>Yoga - This class is designed to stretch tight muscles to optimize your workout, or just support daily life. Poses are supported and minimal props are used. The focus</p> <p>Core Yoga – This class will be a practice incorporating specific poses and sequences designed to strengthen the core, improving alignment, stability, balance and</p> <p>Pump Sculpt – This class is a strength training class working all major muscle groups utilizing the pump bars and free weights to get an all-around sculpting</p>							